

# Cardio Kickboxing

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Martial art training has always been an important part of my life. As a child, I practised Judo with my father. Years later, I started training in Chinese kung fu. Eight years ago I discovered Bruce Lee's martial art philosophy, Jeet Kune Do. Jeet Kune Do is not a style of martial art but rather is a way to look at martial art training. One of JKD's guiding principles is, "Constant research, analysis and development". During his lifetime, Bruce Lee investigated many martial arts. Through this research he concluded, "body mechanics is the highest level of martial arts". Obviously then, the study of JKD would be a natural extension of my study of the art of bodybuilding, since research, analysis, development and body mechanics are very important in weightlifting.

My pursuit of knowledge in JKD has led to proficiency in the following arts:

Jun Fan (Bruce Lee's Chinese name) Kickboxing

Muay Thai (the kickboxing art of Thailand)

Boxe Française-Savate (France's national art)

Filipino Panantukan (the empty handed art of the Philippine Islands)

While not as well known as Karate, Kung Fu or Tae Kwon Do, the practice of these martial arts can deliver the same and greater results as practice in a more "traditional" method. Always ahead of its time, JKD classes have always featured different conditioning exercises trained with music accompaniment. Therefore in 1996, it was automatic that I became one of the country's first certified Fitness Kickboxing® instructors, even before the martial art fitness craze really hit in 1998

Helping others reach their full potential is what we do best.

Originally martial arts/kickboxing were originally aimed towards life preservation and self-defense, but today people come to us for different reasons. Some want to learn self-defense, others want to acquire self-discipline, some seek physical fitness and others just want to have fun. Whatever your reason, you will find that The Health Joint is the place to be.

### Physical benefits of training

1. Increased strength, power and stamina makes you feel great all day.
2. Improved reflexes and coordination increases performance in all other physical activities.
3. Weight loss and control equals greater flexibility and fitness.
4. Greater cardiovascular and respiratory ability and overall improvement in your general health.

### Psychological benefits of training

1. Improved concentration for better work habits.
2. Reduced stress and enjoy greater relaxation.
3. Self-confidence, self-discipline and a positive attitude towards life.
4. The knowledge that you're able to protect yourself and your loved ones.
5. You'll learn the winning attitude of YES, I CAN DO IT